

Information for all

Information for international students

As soon as you obtain your immigration documents *International students*

Let INRS know the results of your procedures

- ✓ **CAQ attestation and study permit acceptance letter:** as soon as you receive one or the other, send a copy to the student records contact for your centre:
 - AFSB Centre: Etudes.AFSB@inrs.ca
 - EMT Centre: Etudes.EMT@inrs.ca
 - ETE Centre: ETE.Enseignement@inrs.ca
 - UCS Centre: UCS.etudes@inrs.ca

- ✓ **Mentorship:** see information on next page. Are you interested in being paired individually with a mentor? Please notify bbve.sesre@inrs.ca of your interest and attach your letter of acceptance for the study permit.

- ✓ **Arrival date and flight ticket:** as soon as your arrival plans have been finalized, notify your Student records contact and enclose your flight ticket.

Note:

We recommend that you avoid coming to Canada more than one month before the start of the semester for which you have been accepted. If you come to Canada earlier, there is a risk that you will be denied boarding or entry into the country, and the risk increases the earlier you arrive.

People who arrive earlier may have to justify their reasons to customs officers, as the permit obtained is for study purposes. Be prepared to demonstrate these reasons if required. It's especially important in this situation to bring with you all the evidence submitted with your application for a study permit, especially those showing your financial capacity. These can be requested at Canadian customs and, in some countries, upon boarding the plane.

To determine your arrival date, also consider the dates of the *Accueil Plus* service (see next page).

Health and hospitalization insurance

Full information on health insurance coverage is available in French on [INRS web page](#). This information will also be available in English in your welcome guide by the end of July (see last page of this document). Note that care related to pre-existing conditions may not be covered. If you are eligible for coverage under the Québec public health insurance plan (RAMQ), you must request official attestation of affiliation to your country's social security or health plan. You'll need this attestation once you're in Québec.

Register for the *Accueil Plus* service at the airport

Montréal-Trudeau airport will be your first point of entry into Canada, between Thursday December 28, 2023 and Friday January 12, 2024?

- a. [Register to *Accueil Plus* service](#), offered during this period at Montréal-Trudeau airport, to speed up administrative procedures at the airport and facilitate your arrival.
- b. For those with Montreal as their final destination, registration also gives you access to the welcome kiosk at the airport on arrival. The kiosk staff can guide you from 12 to 10 p.m.
- c. It is also recommended that you **register for the information webinar depending on the region** in which you will be living. *Accueil Plus* subscribers will receive the registration information directly. Webinar participants will be provided with a detailed practical guide.

Preparing to come to INRS

All

Confirm your arrival and enroll

If you haven't already done so, please confirm your arrival with your Student records contact (see email on the first page). Within two weeks prior to the start of the semester, be sure to enroll. If you arrive after the start of the semester, make sure you have your research supervisor's approval, and enroll as soon as you arrive.

Note: **International students** must have obtained their study permit at the border and sent a copy to the student records contact in order to be able to enroll.

Mentorship

A team of student mentors will be ready to support you with your preparation, arrival and integration. The mentorship is offered by students like you, to help you, and this is totally free. You can benefit from mentorship in two ways:

1. By requesting a one-to-one pairing, which we recommend;
2. By contacting the on-call team ([see program page](#)).

The one-to-one match will take place after you have requested it at bbve.sesre@inrs.ca. If you are an **international student**, you must have your study permit. Pairing is based on preferred language of communication, background and previous experience, as well as program of study.

Housing

Consult the [Finding a place to live](#) interactive document for information and advice. If applicable, your supervisor or mentor may also be able to give you ideas and help out a little. If required, the INRS letter of financial support can be used to demonstrate your solvency. Failing anything better, short-term accommodation can be used to bridge the gap while you search for a more appropriate solution. Consult GARE for other resources (see next page).

INRS Welcome Guide

A detailed [welcome guide](#) for each of INRS centre presents all the information you need on the resources and services offered by INRS. Identify your centre's guide and have a close look at it as soon as you can.

One-stop Student Resources Centre (GARE)



To find the answers to all your questions on INRS, on how to get started and on how to get here, you can visit the [GARE web page](#). You can **ask any questions by email**, and even **chat with us**, depending on when the service is available (Eastern time).

Welcome Day

A few weeks before the start of the session, you'll also receive an invitation to your centre's welcome day. Attendance is strongly recommended to ensure you get off to a good start at INRS.

Final preparation

International students

Credit cards, bank cards and money transfers

For information on this topic, please consult the [Personal finance for newcomers to Québec](#) interactive document.

Telephone and Internet

It's a good idea to have a SIM card that works in Canada. This can be very useful when you arrive. Ask your provider for details. For your first few days in Québec, you should also know that [some places offer free Internet access \(in French\)](#).

On a more permanent basis, you should consider taking out a call and data package in Canada. The Immigrant Québec site provides [information on this subject \(in French\)](#). To find the package that's right for you, whether for phone, Internet or TV, you can compare the [plans available in Québec on Planhub](#).

Going through customs

Review the list of documents you need to bring with you to enter Canada, as [presented by the Canadian government](#). In particular, make sure you have the financial capacity evidence you submitted with your application.

When you receive your study permit, check that the information and numbers on it are correct. A mistake can have unpleasant consequences. Also check that your permit contains the condition allowing you to hold a job on or off campus: otherwise, you won't be able to work unless you go through a lengthy process to request a correction.

If you've applied for a co-op work permit, be sure to tell the border services officer so that he or she can issue it to you.